



# A . A . M . M .

## NEWS

WASHINGTON CHAPTER  
AMERICAN ASSOCIATION OF MASSEURS & MASSEUSES

Arthur Dunbar--Editor  
January 1955

Milton A. Niedfelt--Assistant  
805 E Denny---Seattle Washington Cl 8655



O-U-R H-A-P-P-Y  
NEW ---YEAR!  
TO YOU

A lot of activity is brewing. The Wash-  
Chapter, and in fact the "Try State"  
of Idaho, Washington and Oregon, are  
alive and going places.

It is hard for your reporter to give  
you a picture of these things, but the  
outlook is fine. --We have our "Gloves  
on, and are going places!"

Sunday afternoon December 12th, 1954 at  
the Box Social every member and their  
partner took part. There wasn't a lazy-  
bone in the whole affair. Although the  
day was about as miserable a day for a  
Box Social as could be imagined, although it was  
a poor time just before Christmas, and though the  
date had to be changed because we couldn't get a  
meeting hall on the date selected. The Box Social  
was a hugh success.

Our National President Mrs. Ruth Williams surprized us and came to the Coast and to our Box social un-announced. She gave a report of things as she witnessed them. She told about being invited to present the Idaho Charter to the Idaho Chapter in Boise Idaho January 15th, 1955. Several members of the Washington Chapter expect to close shop for the week end and be in Boise Idaho to witness this Grand Affair. All Washington and Oregon members are invited.

Our President told about her trip to Soap Lake, and announced that she had applications of several members, and prospects of some more, and it looked favorable that Soap Lake would install a Soap Lake City Charter of the A.A.M.M. and have a local of their own. If they do we will have in Washington 1. The State Charter 2. The Seattle Local Charter 3. The Spokane Local Charter. 4. Sope Lake Local Charter.

Page A2

Mrs. Williams also stated that there was another area in Washington that soon should get a charter also as there were a group of A.A.M.M members there in Eastern Washington.

Spokane Local has been functioning right along in a fine manner, but for some reason they are too busy to tell all they know about their progress. We hear that they are giving Demonstrations. There is also a man by the name of Joe Flockhart, who says he is interested in having a study group to study Advanced Massage---He insists that this way we can promote Massage to a very high degree. Mr. Flockhart says that when we get these "movements" down pat that we can pose for talkies, and we can then show these talkies all over where we have our A.A.M.M Members. Mr. Flockhart says these pictures will cost us little except for the price of "STUDY" and the price of material which is about \$10.00 per 100 feet of film which will run about one hour provided we don't have to "Cut".

Besides that much credit goes to Mr. Mann and Mr. Dunbar for drawing up the Massage Act, and the work they have done with friendly groups that we expect to help us ---If you haven't seen your state Legislator, Well we hope you do, because unless they Vote and Work for our Massage Act, "It won't PASS"...And they won't do it unless they know about it...

Almost every member of the Seattle Local was on the "JOB"; and instead of the "USUAL EXCUSES" that we hear so many times each one seemed to be anxious to get things done---Thanks to each one of them who helped make our Box Social a successful affair that it was. You Editor heard someone say that we took in some \$60.00 -- Maybe?

Y By Milton Niedfelt Asst Editor

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IT DOES HAPPEN----- WE ARE SORRY:

They still put Erasers on lead pencils.

Your Asst Editor received the following letter from your National President Mrs. Ruth Williams.

Dear Mr. Niedfelt,

Some-how there seems to be some "MIX-UP" about the Chairmanship of the Editorial Committee of the National Paper the "MASSIEUP" --- In order to straighten it out, Let me request you to put a correction in the A.A.M.M. News stating that; Martha Mc Leod is the Chairman of the Editorial Committee, instead of Mr. John Murray, and then every body will be happy so we think.

Yours truly  
(Signature) Ruth Williams, National President.

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MOTHER GOOSE

Joseph McSmearing sat in the hearing.  
Grilling his Christmas "spy";  
He reached in his bag and pulled out the flag,  
And said "What a good boy am I."

R.P.D. Oakland

TRUTH

I speak the truth!  
Not as much as I would,  
But as much as I dare!  
And, I dare a little more as I grow older.

Montaigne.  
Roosevelt American 12/54

By Mr. Carlson ..National Secty-Treas.

Chapters Organized

Arkansas--Georgia--Idaho--Illinois--Indians--Iowa--Kansas--  
Kentucky--Nebraska--North Dakota--Oregon--Pennsylvania--  
Tennessee--Utah--Virginia--Washington  
Total 16 Chapters.

States with members but NO Chapters

Arizona--California--Colorado--Florida--Louisiana-- Maryland  
Massachusetts--Michigan--Minnesota--Missouri-- Mississippi--  
Montana--New York-- Ohio--South Dakota --Wisconsin.

Total 16 - States (No Chapter)  
Grand Total 32

Another Letter.

About our Washington State Convention

Dear Mr. Niedfelt: Chinook Hotel--Yakima Washington.

This will serve as a confirmation of the Convention dates of June 4th & 5th, 1955 for the Washington State Chapter of the American Association of Masseurs and Masseuses.

We will plan on meeting space for 50 persons a banquet Sunday evening June 5th, the details, menu, seating arrangements to be taken care of at a later date.

Yours sincerely

Nov 26, 1954 Signature Don Sanders, Assistant Manager.

Dear Members; This above letter for our Convention was gotten by Mrs. Jessie Smith of Yakima---Now lets all our Officers co-operate with her in getting these arrangements whipped into a successful Convention--Mrs. Smith has been very sick, and her husband has also been very sick. She phoned Seattle twice at her own expense so far to get this put accross, She is doing her part, Lets us do ours

To Butcher; "Do you have brains?" Answer "No, if I did I wouldn't be working in this place!"

To Waitress " You serve Crabs? " Answer "Yes, we serve anyone that comes in our place!"

Comment by Ruth Williams "The SPIRIT of the Box Social was FINE, That is what I like about it!"

F-O-R S-A-L-E

I have my Glass Bowl and Standard from my Colonic Machine. Would sell it for \$15.00 and other fixtures that go with it--- If I get what I want in a nurshing home I'll sell all of it.

Jessie Smith 1006 N 6th Ave  
Yakima Washington

Next Meeting of the Seattle Local will be January 9th at the Milton A Niedfelt's Massage Studio and Residence. Mrs. Niedfelt will be home, and everyone will have a fine time 7:30 P.M.

See Page A4

IT IS VERY VERY HARD TO BELIEVE

The press of October 12, 1948, reported the case of a British girl that fasted for 18 months.

The press of Feb 6, 1937, reported Mrs. Martha Nach age 44, of St Paul Minnesota had lived seven years without eating.

The Press of May 31, 1948 reported a Chinese girl had eaten nothing for nine years.

The Press of May 27, 1937 reported Sirmati Bala of Bankura India, age 68, had touched no food nor water since she was 12 years old. Dr. Weber on his mission to Arabia, so we read, noticed a woman who ate but once a day, consuming only a few dates. She was strong and vigorous, and he thought she was about 40. He was shocked to learn she was 198 "DESPITE HER misterable diet" She informed him she was 156 when she had her third set of teeth.

It is reported that in India certain Yogi live without eating, and that in the Himalayas there live many who consume no physical food.

H H pg 117-- Oct 1954

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The Following article was prepared WITH THE HELP OF MR. SAMUEL DAHLGREN, Chairman of the National Nominations Committee,

By Milton A Niedfelt

T-R-A-I-N-E-D    O-F-F-I-C-E-R-S

At the National Convention in Davenport Iowa a Resolution was passed to the effect that National, State and Local Officers could not hold office for more than three consecutive years.

However it was pointed out that they could hold some other office. The sponsor of this resolution explained that in some states personalities were so close it was difficult to remove officers and elect better ones.

Nothing was said in this Resolution about "TRAINING OFFICERS". Nothing was said in this resolution about using STATE OFFICERS for nominations, in the National. Nothing was said about emergencies where no one trained person will accept an office.

What a shock it was to tried officers, who had taken the pains to help our organization, who had taken the trouble to learn about the facts of our Organization, without pay, or renumeration.

Your Assistant Editor of the A.A.M.M. News ( and also Washington Delegate attending the National Convention) believes that this resolution should have more study. Possibly before any officers are removed on account of the three year period resolution becomes effective, we can change this resolution to cover some of these difficulties that such a move will create.

One question that is involved is the matter of 3 years itself---How shall it be interpreted? When does the 3 year period begin? --What about Officers now in office? Do they have 3 years yet to go? We can change this by resolution at our next Convention. What problems will this resolution create? Also in our State Set up.

Mr. Samuel Dahlgren says that; This Resolution will take effect Three Years (3 years) from the 1954 Convention.

It seems that this is one of the great weakness of our Organization. Even in Lodges, officers get their office by assent. First you are elected as a petty officer, then you are elected to a greater office, and after you have served as an assistant in several capacities you are elected (from the advanced group of officers to higher office. See Pg A5

This year for the first time in nine years, the Association has gotten officers that know how to handle the business. What will we do for next year? The Organization is functioning on an "Even Keel" for the first time since its existence, and all our members would like to keep it functioning smoothly and efficiently, so what are we going to do about trained officers?

Your Assistant Editor suggests that Mr. Samuel Dahlgren, chairman of the National Nominations Committee, and Mr. Arthur Mann, Chairman of the Constitution and By-laws committee lead a group study in this matter and come up with a Resolution to present to the National Convention in Frankfort Kentucky. Possibly members from each state should enter this study and consider how such resolution will apply in each state etc. It is time we get the answer to this problem. --- JUST ANYBODY CAN'T AND WON'T DO AS OFFICERS in the National, or the State or Local. We must have efficient informed men and women to act as officers. Trained officers if you please!

Experience has proved that it takes years to develop an officer so that he knows the ropes--- and that is the kind of officers we need. Probably we should repeal or set aside for this coming year this rule we have so hastily adopted (or maybe Mr. Mann and Mr. Dahlgren can make a substitute rule) which would have better application. CERTAINLY WE DON'T INTEND TO TURN OUT OF OFFICE ALL OUR GOOD OFFICERS AND GET A GROUP OF RAW INEXPERIENCED OFFICERS ALL IN ONE FELL SWOOP! No matter how good the new group of officers may be.....

Let me suggest that each Officer in each state write to Mr. Dahlgren, and Mr. Mann about this matter. It is important that they know what you think--- Then too, how about a ballot to each member to elect the National Officers?

By Milton Niedfelt Asst Editor.

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#### A Few Personal notes.

Mr. Mann is planning a Christmas, New Year Vacation--He also expects to go to Bosie Idaho at the Giving of the Charter to the Idaho Chapter. Mr. Niedfelt is going to Stay home Christmas and run off the A.M.M News. Mrs. Niedfelt is in Los Angeles at the bedside of her very sick Daughter, but expects to be home for New Years day. Mr. Phillip Jannsen is picking up the lose ends of our Box Social and fixing the list to go into the Telephone Book. Mr. John Murray is trying to get new members for the Seattle Local. Mr. Bloom is busy with about three jobs, Mr. Short is busy conduction Demonstrations in the Spokane Local. And if we left out anyone... you tell us so that we can put it in the next issue. Yes Mr. Dunbar & the Massage Act.

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#### Y-O-U-R M-E-N-T-A-L G-A-R-D-E-N

At night, thoughtful people, just before falling to sleep walk through their Garden of Ideas and note the places where work must be done. They consider the damage apparent and figure out what caused it. Then they start repairing as needed. But the foolish person does not contemplate the damage in his mental garden with a thoughtful eye. He begins rationalizing and trying to find someone or something on which to blame the damage. He becomes so engrossed in that course that he never gets time to do any repair work.

Page A 6.

We wish to graciously thank Mr. & Mrs. John Budke, Hazle Howard, and Mrs. Marie Stone for their contribution of \$2.00 each to the support of the A.A.M.M News. Also the Seattle Local appriciated Gifts to the Box Social Hazle Howard contributed \$8.00 and Mr. Wm Herbert, a patient of one of our Masseurs contributed \$10.00 This is service beyond duty, and we appreciate this very much.

NOTICE ----- NOTICE

Any persons or Masseurs of our Association who for reasons best known to themselves are afraid to sell Food Suplements, vitamins, or minerals, and WHO HAVE A SHOP KEEPERS LICENSE from the Washington State Board of Pharmacy, which has cost them \$5.00-- Can check up on his privileges by writing to Major Ed. Dohm Professional Dept. of the Department of Licenses, Olympia Washington. Major Dohm is the authority in the State of Washington concerning the selling of these products.... If you wish to wait until next month Ye Editor will try to get some information for you, and of course put it in the A.A.M.M News.

According to Mr. Samuel Dahlgren; Any Officer now holding office can be elected for two more terms if he gets the vote and nomination. Mr. Samuel Dahlgren is Chairman of the National Nominations Committee and his address is --1104--Fourth Ave South--- Fargo North Dakota.

Did you notice our Advertisement on page 11 of the October 1954 issue of the California Journal of Physical Therapy?--- The Add is 3½ by 5 inches--Credit goes to Mr. D.S. Carlson & Mr. Geo Gammon.

Some of our Local Officers looked at the Mimeograph on which we run the A.A.M.M News, and the typewriter used for the same purpose and they are well aware that we need some new Equipment pretty soon. Maybe at the next State Convention.

Dear Mr. Niedfelt,

December 1, 1954

Regarding your letter Nov. 28th. go ahead, looks like a wonderful opportunity to get a start on this program. Every state can have a hand in this if they wish, after we have gotten a number of good films together we can pick out the best sections and really have something.

(Other matters cut out)

Signature Mr. D.S. Carlson National Sec-treas

The Legislative Fund.

By Niedfelt

This Washington Legislative fund seems to be a good example of the way things go when they are not properly Organized (or arranged if you want to use a more simple term)

At the Previous State Conventions the members unanimously voted that they would each give \$3.00 per month for this Legislative Fund. It was explained that this was "Volunteer Gifts or Donations" and not an assessment, because of our members could not well pay the \$3.00 and further it was questionable if our National Officers would approve and it was questionable if it was permitted under the National Constitution, as it was at the time we wanted to collect this money.. However under the impact of the enthusiasm of the attempted getting of the Massage Act two years ago we did get \$1000.00--An account was

Page 17

Rendered for this money in past issues of the A.M.M News, and also in our Convention. However there didn't seem to be much attention paid to the matter, and no one asked to many questions about it, and so it went.

A number of members thought our Secretary would send out account slips each month telling people how much was expected of them. But the Secretary didn't. He was a very busy man and so didn't do that, and people lost interest in the amounts they should have paid. Nor has this paper been kept posted monthly to the amount paid into the fund.

At this time we don't have much over \$300.00 in the Fund. Mr. Mann and Mr. Dunbar and the Legislative Committee have gone as far with asking people to help us at this session of the Washington State Legislature that they can hardly drop the Bill. And we don't want to drop it. We need Funds.

This paper believes that some kind of action can be instituted particularly now to get these needed funds.

By M Niedfelt Asst Editor.

#### ADVERTISING ----PRICES

\$1.00 for five lines for one issue----\$12.00 for 12 issues.

\$5.00 for half page for one issue

\$8.00 full page for one issue

\$75.00 full page for one year 12 issues

\$60.00 Half page for one year 12 issues.

#### N-O-T-I-C-E

This paper will accept voluntary contributions valued at \$2.00 per year for subscriptions, also cost fee per copy extra copies from persons not paying dues in Washington State A.M.M.

It is still not too late to have this paper sent to some of your friends as an X-mas gift. It will help you and your work.

## OREGON NEWS

(Just south of the border)

With the holidays over, we can all take a breather before we again start wondering where the income tax money was spent, and how to get more. Wata life!

Matters of legislation should be investigated now that the 1955 Legislature will soon be in session.

Any of you massues who don't handle the male 'trade' refer them to the Massuers who do. Don't let business get away.

Wish some one could come up with a good answer to combatting this insurance policy business. Seems as tho the state, as well as insurance Companies, feel that you can't be relied upon without first having a prescription from a Doctor.

Next meeting of our chapter will be held Jan 16th, 1955 at the Dundee Health Center, Dundee Oregon (Bring your indigestion tables, Please!)

With the national conventions occurring in various parts of our nation, it seems to this writer that some method be taken to insure each chapter a representative at that meeting. Often times the extra cost in traveling, hotel bills, and etc. brings a hardship on some

who otherwise would like to go but finances make it impossible. Last year, the Ore. Chapter, even it's duly elected director, failed to attend the national convention. If all of our members would agree to pay one half of the round-trip expense of a railroad ticket. I'm certain someone at least could be found to pay the other half, and in that way, we'd be certain to have some one there to speak up for Oregon Chapter aside, of course, those who might and could afford to go without further financial aide. Other charter members could go half fare each following year at their discretion. Just food for thought. Be seeing you next year, I hope, I hope, I hope!

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Suggestion to the Oregon Chapter.... Five can go in a good Auto, very comfortable. It probably will be easier to get a Auto-load to go than to get individuals to go. They have one another to depend on that way--- We had a successful Box Social--- You can do that too--- Start now---Get a Public Banquet later, and use part of the funds for Gas-Oil and Expenses. ---Give the Auto driver about 10¢ per mile road mileage---Ask Ruth Williams she went--She will know just what the Auto Fare Cost--- and each person going can pay their own hotel expense....

By M.A. Niedfelt

#### It Can Happen!

Our Mrs. Pansie Spees Got Married! For many years she and her husband nurtured our A.A.M.M in its infancy. And Mr. Spees, one might say, sacrificed his life that our Association could exist. Mrs. Spees has been an "HONORARY MEMBER" ever since. She is the very first Honorary member in the Washington State.

She was married on October 27, 1954 to Mr. Robert A. Hart, of Chelan Washington, whom she had known as long, almost, as she has lived in Washington.

She will still stay at her home 307--5th St Wenatchee Washington, until further developments.

Let us all send (Pansie) Mrs. Robert A Hart our letters of congratulations.

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**WARNING!**--- Ermel Rothgeb Warned some time ago, that if these "Single People" were around with the Masseurs and Masseuses very much they were almost bound to get married sooner or later!"

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Last issue of our A.A.M.M News told you to watch for another article on the question "What can a 'MASSEUR' do for a sick Person?" This is it!

#### WHAT A MASSEUR CAN DO FOR A SICK PERSON

By Gladys Blossom Hendrix Guntley-- 818 Filmore St  
Port Townsend Washington.

In conversation with prospective members, and some members of our Association, over the past several months, I find there is an opinion among some, (and I believe it is due to misunderstanding, possibly ignorance in some cases) as to what our profession really is, and just what scope it covers.

I will endeavor to voice my limited knowledge upon the profession of Masseurs and Masseuses, as I see it. Hoping it will clarify the minds of some less informed.

Page A 9

To begin with the word masseur as defined in Medical dictionarys is, a man who massages. Masseuse is a woman who massages. Massage is, Manipulation, Methodical pressure, Friction and Kneading of the body. Must always be applied on the bare skin.

Massage dates back to almost the beginning of time, as to its natural therapeutic value. It has been developed and improved in technique by the Swedish scientist Dr. Ling and is known as the Ling System.

The early day osteopaths used the Ling system and a number are still using it today, preceding their joint manipulations. Hence the name "Ostepath."

We all know that Scientific Message properly applied is a very valuable therapy.

Some people that I have talked with, seem to feel that the word MESSAGE is not technical enough. They would like to call our profession something else, such as Naturopath, Myo-oractor, Massotherapist, Sanapractor or Physical Therapist. The latter is the only one you can find in the dictionary. The other titles are a profession in themselves or a glorified name for a Masseur or Masseuse. aMassage, Hydro-therapy, electro-therapy, Colon Therapy are a part of Physical Therapy it is true, but that does not make a Physical Therapist of a Masseur or Masseuse, because he or she does one or more of these therapies.

So lets stick to what we are and be proud of our profession. If we do so we will have much better co-operation from other professions in the healing arts also.

Instead of entertaining any idea of changing the title of our profession and technician's. I would suggest that every member attend the meetings. Meet other technicians, exchange ideas, learn better techniques, because we do have some well qualified members among us who have had the advantage of good schools, plus a world of experience. If we continue to improve our techniques and educational status we will not be referred to as "mere Rubbers"

When I was being trained as a masseuse, I was taught the art of scientific massage and was told never to refer to massage as a "RUB" or allow any one in my profession to be called a "RUBBER" or an "OPERATOR". But always a MESSAGE TECHNICIAN.

It is up to us as individuals to conduct ourselves professionally so that we will be above the RUBBERS catagory.

In conclusion I would like to suggest that we have more demonstrations of techniques in our meetings. Dispatch our business with promptness and finality. Ther by helping each other that we will build a bigger and better Association.

Sincerely your

Blossom Hendrix Guntley.

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R-E-M-E-M-B-E-R

The Next Seattle Local meeting will be at 805 E Denny Seattle Wash  
7:30 P.M. --- January 9, 1954--- John Murray your President  
will have something on the Ball, so better come if you possibly  
can do so...

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The Army will henceforth use dextram, a substitute made from sugar instead of blood plasma for all requirements at home and abroad.

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END.